

The Tower

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Arcadia University, Glenside, Pennsylvania

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Inside

Viruses and file-sharing cause Internet problems

Jamme Thomas

Web Manager

Viruses were the cause of the recent student network problems on-campus residents were suffering through.

I am an apprentice for the office of Internet Technology (IT) and the question I heard at least three times a day for the last few months was, "Why doesn't my internet work?"

It wasn't just the individual's internet. The whole system was having problems. Viruses and file sharing programs were the cause.

At the beginning of the semester there were notices posted around campus that the Blaster virus was infecting our network. It was imperative that the students run and install the virus fix and patch, distributed on CDs by hall RA's. However, many students did not do this, which resulted in excruciatingly slow, sometimes non-existent Internet.

To fix the problem, the professionals in IT spent late nights and long weekends going from room to room, scanning and deleting the viruses found on student's computers as an attempt to solve the Internet problem.

When they went to all the students' rooms, they realized that many students were lacking

the necessary anti-virus programs to stop these viruses and prevent the network problems. Included in these programs are: Norton Anti-Virus, Symantec Anti-Virus, and MacAfee Anti-Virus.

Sometimes, when a student

ware, IT is going to give software to students for free.

In the beginning of the Spring semester of 2004, it is going to be required that each student has an anti-virus program on their computer and makes sure that it, as well as the

IT is limiting the amount of bandwidth that the file sharing programs use to download. Since these changes were implemented, Internet access has been great.

In regards to copyright laws that students should adhere to, it should be known that students are no longer protected by the school when it comes to breaking these laws.

If your Internet address is tracked for illegally downloading music, movies, or what ever else is out there to be downloaded, the school is not allowed to protect your name anymore. So if the authorities come looking for you, there is nothing that will stop them from finding you.

Another new addition to IT's policies deals with the changing of your ArcadiaNet passwords. Passwords expire every three months. That means changing, and most of the time forgetting, your password every three months. IT is going to try and make it so passwords only have to be changed at the beginning of each semester.

Also, some time in the Spring semester, IT is going to change things so that you don't have to go to the Help Desk with an ID to get your password changed. You will be able to do it over the phone and your ArcadiaNet account will still be protected in case someone else is trying to access your account. This new password will be a combination of your initials; last name; first name; last two, three, or four digits of your social security number; any way that IT feels is safe. This concept works because it consists of things that only you would know about yourself.

With all the changes that IT will be implementing in the spring, we can all look forward to a more convenient 2004.



Getting fed-up? This past semester a lot of Arcadia students have been a bit upset with the internet on campus.

photo courtesy of - http://www.engr.uconn.edu/~justinn/thesiscam/get_it.jpg

gets a new computer or laptop, there is a free subscription to one of these anti-virus programs included with the purchase. However when this subscription expires, usually after six or nine months, there is no updating of the software's latest virus definitions, and no protection from new viruses that are springing up all the time.

In order to protect the network, and urge students to maintain their anti-virus soft-

Window's Update, is updated every week.

You can set up your computer so it automatically downloads and installs these updates, so you don't have to worry about it. If you don't know how to do this, the IT Support Center on ArcadiaNet provides documentation on how to set it up. Just visit <http://info.arcadia.edu/admin/it/patches.htm>.

Another reason for the sluggish Internet was the file sharing programs, such as: Kazaa, Gnutella, WinMX, etc. These programs are taking up a majority of the student bandwidth and therefore making the viewing of websites slow.

The more bandwidth that is used for these file-sharing programs the less that is available for Internet browsing. At some times during the past few months these programs were using up to ninety-five percent of the bandwidth. IT encourages everyone to be responsible and adhere to all copyright laws.

Update on Empty Bowl Dinner

If you have seen colorful buttons adorning backpacks and clothing around campus lately with sayings like "be sweet," "pick a chick," or "love a llama," they aren't talking about how to score a date to the cotillion next semester, they're talking about Heifer International, one of the organizations supported by the success of this year's Empty Bowl Dinner.

On November 17th the delectable scent of homemade soups, breads, and desserts, filtered through the doors of the Castle, while handcrafted bowls

and facts about hunger awareness provided creative centerpieces throughout the rose room.

"We had an awesome turnout this year," Bethany O'Brien, co-student Coordinator, said near the end of the event. "The turnout was slow in the beginning but picked up in the end."

O'Brien, a junior Elementary Education, Early Childhood major, shares the Student Coordinator position with Melissa Bauer, and has been helping with the event since

Empty Bowl

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If the dress fits... well, good luck

Maybe it's an 8, maybe it's a 12, but if you're willing to shell out the big bucks, you too can drop two sizes instantly.

Julie Strange

Executive Editor

There is a trend among women's clothing designers where garments are labeled two sizes smaller than their actual fit. Shocking?

It's amazing to find out just how many women don't know about "Vanity Sizing" - the sneaky little secret that's been around for years stripping women of their true size, in which a size 6 dress at Ann Taylor would qualify as a size 14 over at Prada.

Many clothing manufacturers take advantage of this sly sizing method in order to make their customers feel good about being able to wear a smaller size. They believe it sells more clothes.

Marshall Cohen, co-president of the marketing company NPD Fashionworld said, "I've watched women shop and heard them say, 'Oh, I'm a 6 in this- I love this brand.'"

In our body-conscious world "thin is in" and it appears that there are a lot of people who would stop at nothing in order to perpetuate this idea in social consciousness.

Being optimistic about the intellect of our nation, I assumed that there wouldn't be many

women who would fall for manufacturer's tricky ploy to get them to buy the higher priced designer clothes just because they were marked two sizes below normal.

I was wrong.

Despite the fact that today the typical American woman wears a size 14 or higher, it is still believed that you are only worth something if you are a size 2.

In fact, Susan Head, Ph.D, a psychotherapist who deals extensively with weight issues, tells of a teenage client who felt her bulimia began the day a friend said, "You wear a Gap 4? You're so big!"

We really don't know how our bodies look because our body image is so confused with issues of self-esteem and self-worth. People look to this external yardstick to make sure they are still okay.

But they are not okay, particularly the 14 year old girl who "loves telling her friends she bought size 0 khakis." She said "thin was in" and "it sure beat skipping meals everyday."

Another girl agreed with her friend and said, "Once you start wearing those bigger sizes like 7 and 8, the guys just don't want to

talk to you anymore."

I hope I am not the only one who sees something horribly sick about these girls' statements. We are a society that is creating and continuing a culture of girls and women who never feel comfortable in their own bodies. They feel worthless, ugly, and unwanted because we've told them unless they're a size 0, they can't possibly be beautiful.

But the symbolism is unavoidable here- if you're goal is to be a size 0, what are you trying to do? Disappear? Who can live a healthy life thinking like this? No wonder so many women are battling eating disorders - the media perpetuates society's unrealistic standards for thinness through their "please eat something" models. Now clothing companies have jumped on the Tiny Train and is furthering the "need to be thin" through vanity sizing. Yes, vanity it is. Completely vain.

Not to mention a pain in the ass.

Gone are the days when I can walk into a store, see something I like, pick my size off the rack and walk to the cash register. (Well I could, but I might get it home to find it's the wrong size and have to waste more time

going back to try and find the right one.)

Gone are the days when I can order something online without having to send it back because "my size" wasn't my size. (In fact, at least half of all online clothing purchases are returned due to improper sizing.)

Gone are the days where your grandmother or boyfriend can ask what size you are so they can find (finally) a birthday gift you won't have to return because they messed up your size (again). (Kiss those movie-created day dreams good-bye girls- the ones of your boyfriends buying you a dress to take you out to dinner in.)

Let me give you a peek into my closet so you get some idea of what I'm talking about:

I wear size 6 or 8 in J. Crew pants; however the pants I get at JC Penney's or Kohl's are usually size 10 or 12. The Small sweater from the Gap will be a Large at Target. Shopping at the Old Navy in Jenkintown means buying size 8 Long jeans while the same jeans at the Old Navy in Deptford will be a size 10 Regular (well, okay so Old Navy has internal issues).

The dresses I own, which all fit me perfectly, range from a size 8 to a size 14. The skirts I own that fit range in size from 6 to 13. What the hell? Women's sizes are so wildly inconsistent that they're practically meaningless.

Oh to be a man who can walk

into a store and buy the size 42 jacket that corresponds with his 42 inch chest.

A lot of women have grown up thinking it is their bodies that have changed rather than the clothing manufacturers. However, when you can, within 5 minutes of each other, slip into a snug 13 and a baggy 6, you know it isn't that you've turned into the incredibly shrinking woman.

Don't get me wrong, I was shocked, amazed and somewhat flattered when I first tried on my first pair of size 6 jeans. I was thinking "where's the motivation to eat?" if I had lost this much weight just because I was sometimes too busy to eat "real" meals. Apparently the craze of thinness can infiltrate even the most rational of thinking.

So it seems to be not much of a stretch to say that vanity sizing is a proven psychological methodology. The smaller the size, the better a woman feels wearing the garment (and here's the kicker) - the more she is willing to pay for it.

Maybe if we could all realize loving our bodies and ourselves is more important than buying clothes, we would no longer be open to marketers' manipulation - and maybe we could save ourselves a little money.

I think a trip to the Bahamas would make me feel a whole lot better than buying 50 designer dresses.

Justice and Pluralism: Valuable to students?

Christina Holbrook and
Jammie Thomas

Staff Writers

"Multicultural classes should not be made mandatory for college students because courses will not change the world," Steve Miller, a junior print communications major at Arcadia University, said yesterday in an interview on campus.

On the other hand, Janine

Pinckney a psychology major and student at Arcadia, said that pluralism classes should be a requirement at universities because they expand views about other cultures and prepare students to interact with people who have different belief systems.

Multicultural classes, such as Pluralism and Justice, were incorporated into Arcadia's curriculum in order to teach students to focus not only on gaining factual knowledge, but also on critical thinking and analysis, communication, and collaborative efforts that enhance their abilities to work effectively with others.

Justice: Multicultural Interpretations was an interdisciplinary course created to give students strategies for identifying and exploring issues surrounding justice. The goal was to enhance their relationships with other individuals and the customs and values of other cultures. Today the class deals with issues global, as a result of September 11.

Pluralism in the United States was designed to give students an understanding of life in a pluralistic society by using concepts grounded in the social sciences. This class was split into large and small groups, and the goal was to develop skills for moving beyond ethnocentrism to an appreciation of diversity in society.

Miller said that a class is not

necessary to learn about other cultures because people who are interested in doing so will seek out ways to do that on their own.

"I don't feel that a university should force students to take a course where they feel they're being brain washed," he said. "Pluralism wasn't like a math course. The professors were always right and students' opinions were always wrong."

According to Miller, being forced to sit in a room where people were arguing about who was right or wrong for the entire class period gave students a headache instead of a better understanding of others.

Classes that do not relate to students' majors should be voluntary because even though opinions were accepted in small group sessions, the large group only provided an opportunity for disagreement.

"It would start off civilized but didn't end that way," he said. "There's a lot of racism and sexism in society and it really showed when people in the class felt threatened by comments, but people made a big fit with challenges to each other."

According to Miller, the Justice class that he took was more beneficial than Pluralism because it discussed other

Multicultural Classes

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Students show videos to all

On Monday, December 8 Arcadia's video students were given an opportunity to showcase their work. The event took place in Stiteler Auditorium at 8:15 in the evening.

The feature presentation of the night showed at 10pm. It was the creative video class's movie *The Tribe*. This piece was the result of the collaborative effort of the entire class.

For those who missed the event you will have the chance to see the students' work next semester on AUTV, channel 9.



The Tower

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Semester in London is a trip worth taking

Geoff Stankus

Guest Writer

What happens when you stick sixty college freshmen in a house together in London? Sounds like a good pitch for a new reality television show. And for us, Arcadia's sixty freshmen in London, it's sometimes hard not to think that's exactly how Arcadia got the idea for our London Semester. The BBC has probably placed small video recording equipment throughout our house, classes, and London so they can create a television series when we're done here. Arcadia, welcome back your nationally famous television stars!

Still, one can't deny the notion that we are in another nation for our first year of college. This is a once in a lifetime opportunity! Granted it is not for everyone, and that is the respected decision for everyone who remained at Glenside. However, this was the right choice for sixty of your fellow classmates, many who will not be returning to Arcadia for their next semester.

The adventures your peers are having here are ones that you would find in a movie. It's hard to write about the reality when it seems more like fiction with every passing day.

There is the same drama, late nights, random moments, ridiculous pranks gone way wrong (or way right), and the rest of the typical college life. And, of course, the timeless tradition of the phone booth cram (if you're wondering, the answer is nine Americans).

There is no way to capture everything that has occurred here in the United Kingdom in this one column. There are sixty different perspectives to recreate and sixty totally different and unique experiences to account for. I cannot capture and tell every experience that happens here, and for this I am truly sorry. But, everyone should have the chance to explore this country on his or her own.

For anyone who was borderline about traveling to London for this program, take some advice: strongly reconsider studying abroad. Maybe studying abroad is not the right thing for this year, but study abroad as soon as you get the chance. There is so much past the borders of Glenside, Pennsylvania. The Arcadia campus is full of

students that have studied abroad. Listen to their stories (maybe they will interest you more than my own).

Traveling abroad is like being a young kid again sneaking a peek at your birthday gift. Once you get that peek, it's not enough. You have to keep looking. You should see what is out there before you decide to stay home.

You might be worried about experiencing "culture shock." Sixty Arcadia students can tell you the "culture shock" goes about as far as Brits driving on the "wrong side" of the road and talking with an accent. The United Kingdom is very close to America, so the transition is not so hard as another country where they speak a foreign language.

If anything, students here are more worried about fitting back into Arcadia when they return. By the time most of them return everyone there will have met and hopefully made some great friends. That is the trade-off your peers had to make to come to London. But if they all had the chance to make the decision over again, all sixty would make the same choice.

I always thought I would be this big school kid. In fact, I always wanted to go to Michigan University and they accepted me.

Why didn't I go there? Arcadia seemed like a better choice for me, and I stand by that. I liked the atmosphere, I do not feel like a number, and the people are amazing. Then I came to London and I realized how a city school really would have fit me well. None of us here are going to a small campus school. Arcadia has a multitude of campuses abroad, touching six of the seven continents. They have programs running in too many countries for me to count. I would encourage everyone to visit the Center for Education Abroad if you have not already; there is something of interest for everyone.

If you think you have seen everything there is to see, you're wrong. There is still so much more.

Stop by the Center for Education Abroad (if you have not already).

Geoff Stankus is a Freshman studying in London.

What is your favorite holiday song?



Jenn Ralston, Freshman
"Carol of the Bells."



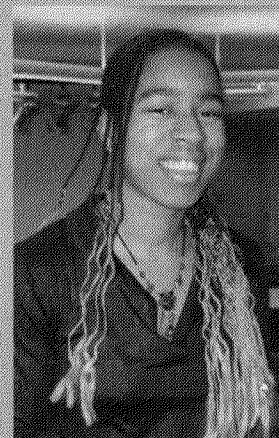
Sarah Kapenstein, Freshman
"Feliz Navidad."
Christina Tan, Sophomore
"Feliz Navidad."

Emily Robinson, Senior
"Jingle Cats."



Lauren Vanni, Junior
"You're a Mean One, Mr. Grinch."

Heather Hicks, Senior,
"Deck the Halls" from
A Christmas Story."



Jess Mason, Junior
"Donny Hathaway's version of 'This Christmas'."

Chris Hopkins, Senior
"O Holy Night."



Pamela Follo, Junior
"O Holy Night."
Brandon McGee, Junior
"O Holy Night."



Nikki White, Junior
"Dominic the Christmas Donkey."
Phil McHugh, Sophomore
"Dominic the Christmas Donkey."

SAA sponsors show-stopping coffeehouse

Amy Jacobson

Staff Writer

On Friday November 7, I had the pleasure of attending the SAA (Students Alumni Association) sponsored Coffeehouse held in the Chat. Nearly twenty acts performed ranging from poetry to acting, Irish flute playing to classical opera and soloists to five piece bands. Overall I was very impressed with the quality of performers as well as their courage to get up on stage in front of a hundred of their peers.

The show opened with a punk rock performance by Underprepared. Most of the songs were covers with a great original rendition of Marvin Gaye's "Sexual Healing."

A couple of acts later came the surprising sultry vocals of Heather Bialy. She sang Bonnie Raitt's "Something to Talk About" and whistles were heard from all around.

The next act came to the stage

and my heart stopped. I heard the first line of India Arie's "Ready for Love" and I was in awe. Singing a cappella, she reached every note and showed us what she could do—sing her heart out.

Following this I affixed my attention to the first poet of the evening, Evalinda Rivera. She spoke of the "superwoman" she really is and not what the stereotypical Latinas are thought to be.

The next poet in line recited her insightful thoughts on the "unicorn" that we will never capture.

The last poet was a young man who raised the ladies' temperatures as he spoke of two bodies becoming one in a poem entitled "White Chocolate." Bravo to all the poets of the night for having the nerve to share a piece of your inner world.

Next up was a jovial Irish flute player. He performed a lighthearted set of Irish numbers using only a flute and the tapping

of his foot. Thank you for bringing an unexpected twist to the stage.

Mike LoStracco took the stage next with an acoustic guitar and raspy vocals. He sang a set of three songs, my favorite of which was the bluesy number "Nobody Knows When You're Down and Out."

The only monologue was performed by freshman Delante Keys. It was a strange take on sibling relationships but Delante's acting capabilities shined through masterfully.

And then came the show-stopping finale. Lance Biggs radiated an amazing stage presence as his refreshing lyrics spit from his lips. He had the audience involved from beginning to end while keeping us hooked on his remarkable lyrical content.

Congratulations to all who performed for being a part of such a wonderful evening.

Santa Claus has Come to Town

Kristen Riley

Student Life Editor

On a quest to find the Christmas display with the best holiday cheer, area malls offer a variety of themes and ideas as to the perfect Santa scene. The Tower visited the Montgomery, King of Prussia, Exton, Plymouth Meeting, and Willow Grove malls.

See what you think of the evaluations and then drop by your favorite. The Christmas spirit, after all, is not just for little kids.

The Montgomery Mall took a different angle from the typical display (meaning trees, lights, and the like). Bushes and hedges shaped like circus animals, from giraffes to bears, tower over your head, sparkling with lights. Glittery



Photo by Kristen Riley

While not the most spectacular display, the Exton mall's Santa and staff made up for it in spirit.

poinsettias and snow fill the walkways. Though no elves were present, employees were all dressed in black pants and red sweaters. Santa, a little on the thin side, is still impressive, with a real beard and the traditional red suit, black boots, and big-buckled belt.

Unfortunately, Santa was virtually hidden from view by the spruced-up animals, giv-

ing a closed-off feeling to passersby. Prices started at \$4.99, and an assortment of frames were available for purchase.

King of Prussia had, by far, the most impressive Christmas display. The line wrapped around a 30 foot tall carousel, on top of which perched a 30 foot tree. The tree, rising into the domed ceiling, had 22 thousand twinkling lights.

"Flying" reindeer hung from the domed ceiling. Valley Forge murals were hand-painted onto the carousel, surrounded by over 200 thousand blossoms of white flowers. A wide, green throne was built into the carousel's front, seating Santa Claus himself. Instead of the traditional garb, Santa wore a gold-trimmed red robe and black boots. With a white beard and Santa hat, King of Prussia's Kris Kringle looked very much the part.

Employees, however, were not decked out as elves. The display, which took over 1,600 man hours to construct, was indeed the most extensive from the five malls. The downfall? Prices. But while they were the most expensive, the atmosphere made the extra money well worth it.

What the Exton mall

lacked in originality, it made up for in spirit. The display consisted mainly of Christmas trees, with the tallest above



Photo by Kristen Riley

The quest for best Santa: Kristen Riley, Tanya Chupka, and Jess Sirois visit with King of Prussia's Kris Kringle.

Santa's throne. The trees did, however, rotate, and were decorated with toys and products from stores in the mall.

The employees (yet again, no elves) were enthusiastic, and Santa Claus looked like he stepped out of a story book. With a full beard, tiny glasses, and the traditional attire, Santa was back for his third year as the Exton Mall Claus, and back for his twenty-fifth year of playing the jolly man anywhere. When a little girl cautiously approached and broke into a fit of giggles at Santa's hello, he pointed and said, "That's what's rewarding right there."

That's what brings me back every year." So, while the display may not jingle your bells, the jovial nature of the staff will make the visit worthwhile.

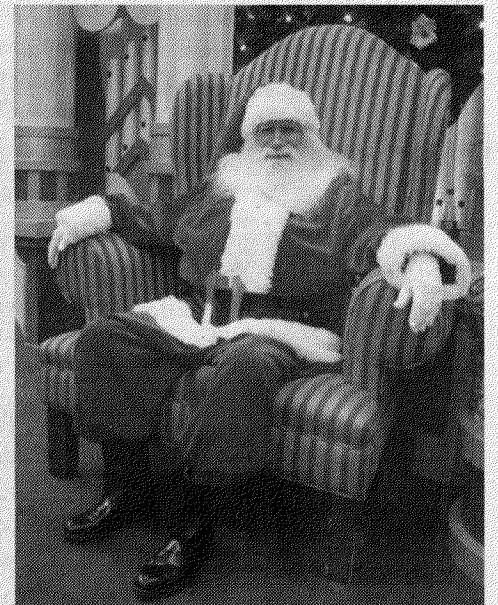
Plymouth Meeting's display was simplistic. A giant tree reaching the second story of the mall was surrounded by mounds of snow and shiny gift boxes. In the front sat Santa Claus, convincing enough with a real beard and the traditional get-up. The display, however, stopped there. Employees wore black aprons, but seemed more interested in the mechanics of their job than the customer-interaction. Prices were reasonable, but all in all, not worth the trip.

Willow Grove also scored points in originality with a gold and red music theme. Toy

soldiers and nutcrackers were constructed holding flutes, drums, and trumpets, and a simple organ was built into the bushes fencing in the display. Three small trees with twinkling lights were placed throughout, and behind Santa was another towering tree.

Santa here was one of the best. He wore the traditional Santa suit and had one of the most impressive of the beards. While not as vast as King of Prussia, Willow Grove maintained the same holiday charm (as well as more reasonable prices). A definite crowd-pleaser.

So, whether you're in the mood for an extravagant, over-the-top display, or a classic, simple Santa, the malls in the area cater to every holiday taste. It's up to you to decide on your favorite, because the local displays go to show that there are still many things to look for in finding the perfect holiday Claus.



Photos by Kristen Riley

Both the Willow Grove Mall's Christmas display and their Santa Claus had just the right amount of holiday charm.

Multicultural Classes

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people's judicial systems.

Miller stated that we need to be aware of our problems and that is what Justice did, made the students aware of it, and even though the Justice course at Arcadia University was changed as a result of September 11. In his opinion, it was stupid because Pluralism only focuses on some of these problems.

He said that courses cannot change the nation's problems over night, adding that "Rome was not built in a day," so a large class with people who are not willing to change will not gain as

much as they would if they wanted to be there.

Pinckney offered a different perspective.

"I thought that Pluralism was an excellent class because it opens minds to give people a better feeling of others not just your own beliefs and views," the senior added. For her class, the students and professors listened and were respectful to each other.

She said that the first form of the Justice course was not as necessary as Pluralism and that it shouldn't be mandatory because it only talks about the legal system but the new Justice class sounds like it would be interesting to be able to learn how our culture conflicts with others.

"In America we're very diverse with many cultures and backgrounds. I think we should deal with our own problems first, and people need to understand why they feel the way they do. Pluralism gets at the root of that,"

she said.

Pinckney also said that it is not too late to change people's views at a college level because the professors for Pluralism are objective and respectful to students, allowing everyone's voices to be heard.

She added that people's views can change even though it is difficult.

She said that the large group sessions for Pluralism are important because Arcadia is a diverse university, but the ratio of different cultures is not equal, so the big class allowed more voices to be heard than if it was small.

She also said that more than one culture's voice needs to be heard in order for students to understand others, adding that "I think larger classes have a good purpose for ethnic and gender voices to be heard, because people will not be as reserved with other people like them."

According to the psychology

major, Pluralism prepares students for the real world, but multicultural classes should not begin at earlier stages of education because college is the time

when students begin to learn and freely express their opinions without parental censorship.

New club, a forum for "explosive" topics

A new club, Politically Incorrect! has been formed on campus and is in the process of getting final approval from the SGO board. According to club founder Vanessa Lee via email, the club was started with the help of Reena Sharp to give students a forum to discuss "sensitive" or even "explosive" topics that people usually try to avoid. The group has discussed such topics as "Is age a true indicator of maturity?" and "The criminal justice system: racism and the socioeconomic status."

"It is our greatest hope to let the word out about the club's existence," Lee said, adding that anyone interested in learning more can email polincorrect_0304@yahoo.com for more information.

Corrections: In the November 2003 issue, Jamme Thomas wrote *Aids Walk raises awareness*. Karen Polesir wrote *How far can we go to cure breast cancer?*

Nudity as an art form seen through these eyes

Kelly Navin

Entertainment Editor

If you are looking for an interesting night out, then the Nude Night Art Expose could be the right adventure for you.

There was an array of artwork ranging from photos, movies, paintings, molds, live body painting, and slide shows on the upper walls.

fied under "art" and not pornography.

Art students, who attend college in Philadelphia, created much of the artwork which was displayed around the gallery.

I was amazed to see some of the talent that First Friday art galleries have left out.

The only restriction to the

takes away the worries of where to park on a Friday night.

I have been to a couple of art galleries in Philadelphia and this one by far was the friendliest. Everyone there was your long lost friend. It made me feel at home.

Other galleries I have

seemed to be giving each other hellos and good-byes with kisses and hugs. The actions I saw were the same as I had seen on television, but I had never encountered this at a Philadelphia gallery before.

There was a DJ there to keep the night moving

There was also a man who was doing body art for the viewers of the art gallery. After he got done painting Mrs. Adams I asked her how it felt and she stated that, "He is simply amazing, the way the brush touched my body made me excited."

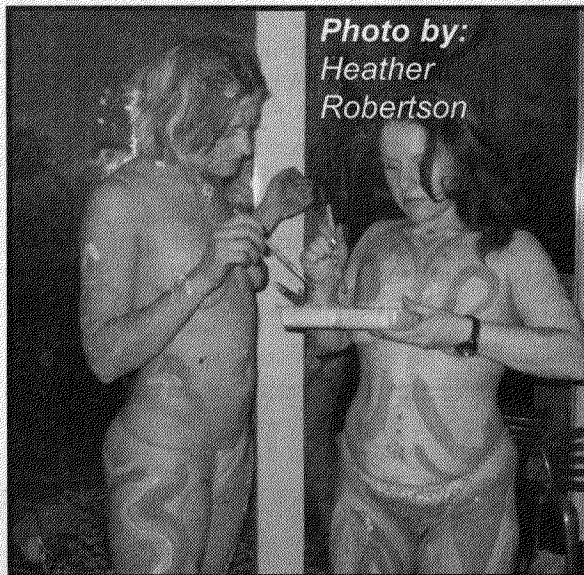


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Photo By:
Kelly Navin



Photo By:
Kelly Navin

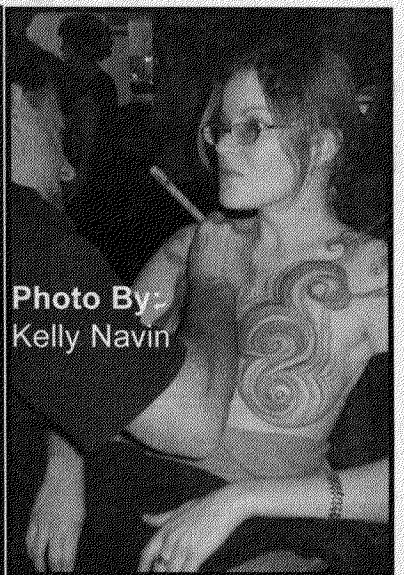


Photo By:
Kelly Navin

There were two floors filled with fascinating art. Most, if not all, of the art was in good taste. What I

nude night is that you must be 21 years or older.

The night was made possible thanks to Victor Perez, who was the art show's producer. This was their first attempt in Philadelphia and Perez said it was exactly what he had hoped for.

The location of the club was great, because it was only three blocks from the train station on Market. This

been to leave me feeling empty and looked down on.

Upon walking into the art gallery, I took notice to the abundance of people that were there. The ages ranged from 21-60. The crowd was great, because there was such a good mix of generations.

When first meeting Perez, he greeted me with a kiss on the cheek. As the night went on I took notice that everyone around

with great music.

There was a glow in the dark paint session where two girls were being painted in the nude. This paint session

The artwork he creates on the skin is not only for show but also for pleasure. After finishing the artwork, he then proceeds to add glitter and a honey powder, which I was told tastes very good.

College student Trisha L. McGuffie had three of her art pieces aligned on the walls. Her photos were only some of the few unique styles I saw that night.



Photo by: Heather Robertson

mean is that it was all classi-

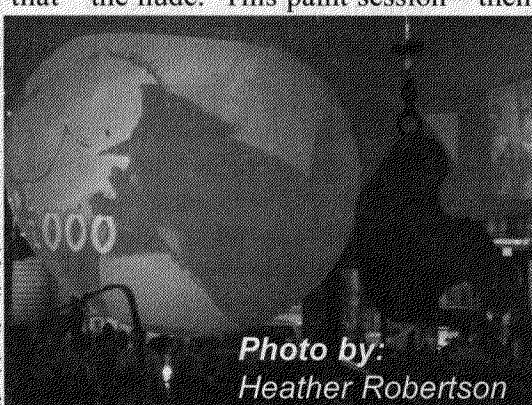


Photo by:
Heather Robertson

lasted the whole night.

Film made about murdered journalist

Kassie Marshall

Staff Writer

There are downsides to being a journalist. Besides the long hours, late nights, and endless pursuit of the story, journalists run the risk of angering people with what they write. Sometimes the consequences, while still frustrating, are tolerable- a reporter may receive negative feedback about an article, or the newspaper may experience pressure from its advertisers to pull a certain story.

But sometimes, writing an article can mean death.

Gutsy journalist Veronica

Guerin was murdered in 1996 by the very drug gangs she had been writing about for The Dublin Sunday Independent since 1994.

Using nicknames such as "The Monk" and "The Coach" to avoid libel suits from the suspected dealers, Guerin exposed some of Dublin's most ruthless drug gangs at a time when government officials wanted to look the other way. Despite numerous threats and assassination attempts against Guerin and her family, she continued to write about pushers such as Martin Cahill and the particularly evil crime lord John Gilligan.

At the risk of sounding cliched, this movie will make you laugh a little, cry a lot, and get quite angry at all the roadblocks Guerin faced while hunting down the truth. Guerin was not only beat up and shot in the leg for her work, but she also faced political pressure from the government and ridicule

from other journalists for not naming her sources or the dealers directly-- but doing so would have led to accusations of libel and possible lawsuits against Guerin and her newspaper.

The film's beginning lulls you into a false sense of security and lightheartedness as Guerin (played by Cate Blanchett) celebrates after being charged with a relatively small fine for numerous speeding and parking tickets (a recurring theme throughout the movie). The movie tells us that this is June 26, 1996 which seems largely insignificant-- until two men in dark helmets pull up next to Guerin's car on a motorcycle and fatally shoot her. Then it's "two years earlier" and the rest of Guerin's story plays out in a long flashback.

Although some critics have complained that *Veronica Guerin* doesn't adequately explain why Guerin was so obsessive about exposing the drug dealers, there are enough seemingly minor clues in the movie: at one point, Guerin refers to her previous work about corporate and church

scandals as "bullocks, all of it robot, Blanchett does show bullocks," and there are numerous hints throughout the movie that characterize Guerin as someone who would stop at nothing to search out the truth, even if it meant death.

"I don't want to do it, I have to do it," Cate Blanchett as Guerin says at one point, when the situation starts to spin out of control. When Guerin confronts the biggest drug lord of them all-- John Gilligan (played by Gerard McSorley)-- you want to yell at the screen, "Don't knock on his door, you fool! Run far, far away!" Then he beats the crap out of her. But if a bullet to the leg didn't slow Guerin down earlier (it was meant for her head), then what's two black eyes and a broken nose?

Lest one accuse Jerry Bruckheimer of turning Guerin into a one-dimensional, fearless

Guerin's vulnerable side when Gilligan threatens to kidnap her son Cathal, saying that he will kill the boy if Guerin doesn't back off.

Blanchett deserves an Oscar for the next scene alone when she tearfully tells husband Graham, played by Barry Barnes, not to let anyone know she was ever afraid because "that's what [the drug dealers] want and they're not going to have it."

I thought this movie was excellent. It's not a light, airy trip through la-la land, so look elsewhere if you prefer something that won't piss you off, make you cry, or notice that suspected drug dealer Gerry Hutch (played by Alan Devine) could pass for a young Ringo Starr.

So go see it. Your term paper will still be there when you get back.

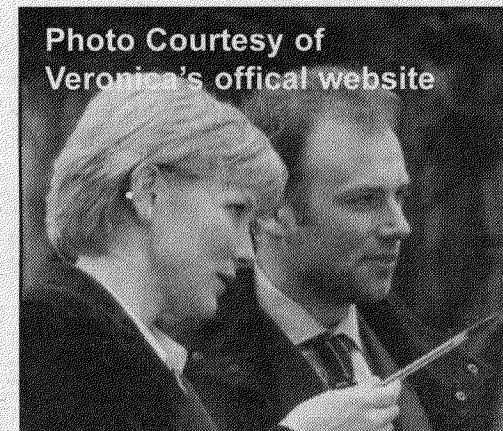


Photo Courtesy of
Veronica's official website

There's more to Evanescence than Amy Lee

Kassie Marshall

Staff Writer

I'm going to tell you guys the same thing I told my weblog-I bought Evanescence's new album, *Fallen*, mainly for its fourth track, "My Immortal." Oh sure, "Bring Me to Life" and "Going Under" are also great songs, but it was the incredibly sad lyrics and piano chords of "My Immortal" that forced me into a Best Buy one blustery Tuesday last week.

Since I'm listening to "My Immortal" as I'm writing this (it's the CD player's fault-I swear that random function has its own favorites), let's start with that song. Written by vocalist Amy Lee and guitarist Ben Moody, the lyrics describe the kind of crushing sadness that a serious loss (whether through a break-up or death) can leave behind. When Lee sings that "These wounds won't seem to heal/This pain

is just too real/There's just too much time that cannot erase," even those with ice in their veins have to feel some kind of sadness and empathy. This is one of those songs that you want to put on constant repeat-even if it does make you cry every time you hear it. David Hodges' command of the piano on this track contributes to this.

Is every song on the album depressing? Well yes, mostly. That doesn't mean they're not good. And any song that effectively employs the Los Angeles-based Millennium Choir for backup vocals (as "Everybody's Fool," "Haunted," "Imaginary," and "Whisper," all do) is okay by me. Track six, "Tourniquet," mixes suicide and death with questions of salvation and spirituality for an interesting twist. "Am I too lost to be saved/Am I too lost/My God, my tourniquet/Return

to me salvation." Any doubts over what this song is about are cleared up when Lee screams "I want to die!" in the background before the final refrain.

"Tourniquet" seamlessly flows into "Imaginary," a journey of self-reflection through the inner psyche ("In my field of paper flowers and candy clouds of lullaby/I lie inside myself for hours and watch my purple sky fly over me"). This is probably the most "upbeat" song on the album, for what it's worth.

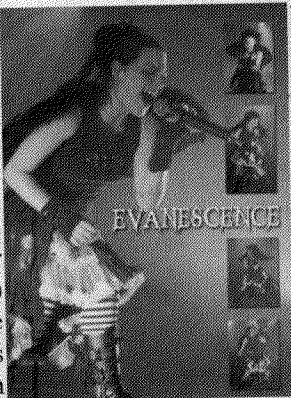
Of course, there's more to Evanescence than Amy Lee. In addition to Lee, Moody, and Hodges, there's also bass guitarist Francesco DiCosmo and drummer Josh Freese. With the exception of the album version of "My Immortal," DiCosmo and Freese contribute heavily to *Fallen*, layering their guitar and drum mastery over Lee's



vocal work (a full-band version of "My Immortal" is available for streaming on Evanescence.com and is well worth the listen). The first track, "Going Under," features a short guitar solo by DiCosmo, making this already awesome song about a smothering relationship that much better. "Bring Me to Life," which was featured in last winter's

comic book movie, *Daredevil*, also showcases DiCosmo and Freese's talents. The band is joined by guest singer Paul McCoy of the band 12 Stones, for this song and it's a match made in rock heaven.

I could spend another two pages praising the joy that is Evanescence but instead, I'll let you decide for yourself. Maybe the music world doesn't need another heavy-rock band...but they still need Evanescence.



Revolution gets ready for second installment

Heather Robertson

Staff Writer

Call it a simple chance of being at the right place during the right time, or just pure luck, but Revolution is already turning heads. November 15 was the first installment of Revolution (http://www.phillyrevolution.com/), a Goth and industrial music night, which was held at Paradise Alley, on the corner of Front and Fairmount in Philadelphia, PA. For anyone

who is interested in the Goth or industrial music scene, it is known that there has been nothing to do on a Saturday night, so this new addition to club scene was warmly welcomed.

The atmosphere was extremely inviting and the building itself was interesting. It is a two story building with numerous little rooms that are all open. There is a bar and main dance floor both downstairs and upstairs in which the resident DJ's and guest DJ's take turns rotating through. Resident DJ's Danny Red and Totentanz both spin EBM, industrial, synth-pop and noise in both main areas. DJ Romp spins noise and gabber in his own room along as the other rooms.

The first night in

November they also had guest DJ Zukunft who spun a collection of hard techno, noise and gabber. The whole team behind Revolution was very nice and sincere about wanting to put on the best night and play the best music in the genre.

They succeeded.

The building has a large capacity which allows privacy along with ample dancing space. For an opening night, the place was filled with a good amount of people. There was no room that wasn't occupied, (without being too crowded) and I have a feeling the night is only going to grow with each month. The first room you encounter on the first floor has couches set up in front of the bar for a nice place to just sit and talk. The main dance floor on the first floor was a very open dance space, with the DJ

booth right in front.

The second floor was where most of the action was taking place. There were plenty of separate rooms, one of which has padded walls and another which was painted in a cow motif. The bar was in the far corner of the main dance area, with tables and chairs in front.

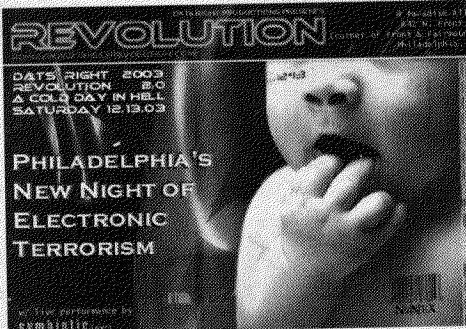
The DJ booth was encased and in front of that was a little stage platform to dance on and a pole where people could try out their moves on.

The next installment of Revolution is held on Saturday December 13. There will be a live performance by Symbiotic (www.symbiotic.tv), a band from New York City, whose style ranges from harsh techno to trip-hop. This is their first appearance in Philadelphia, and



a first live performance for Revolution. There will also be two guest DJ's, DJ Corrupted Bios and DJ Cliché from New York City as well as an appearance from Satan Clause.

It will surely be a fun and adventurous night. Doors open at 9 pm and the cover charge is only \$5. This is also the last time that Revolution will be 21+. The next one in January will be 18+ and will also become a bi monthly event.



Coffee house interview with Patrick's Head

Malou Wagner

Guest Writer

Three years ago, a new non-mainstream band, Patrick's Head, made its first musical debut on the Philly scene.

Initially, things were a bit rough, and John, a member of Patrick's head, himself admits that the now three-piece acoustic act more or less came about "by default."

My curiosity got the better of me, and I had to ask about the origin of the band's name, Patrick's Head. Patrick leans back, laughingly, and points to his clean-shaved head. He explains that the name originates from a song he wrote for his former Punk band in Greece, Scarecrow Dream.

He adds it was a "mythical story" about a furious father who put a bounty on the head of his daughter's lover; the lover's name happened to be Patrick.

John was the one who came up with the idea of naming the band after Patrick's song. Patrick wasn't sure about the name at first, but, as you can see, John's perseverance proved to be successful.

The band members come from three distinct musical backgrounds.

"My influence is Irish music in terms of a lot of rhythms that I use," says John. He goes on to admit that it is something innate.

Other influences come from Bob Dylan, Woody Guthrie, Billy Bragg, and Pop music such as The Beatles, Travis and Radiohead. He claims Punk and Folk music, and The Velvet Underground as his musical influence.

John sits back and laughs. He says that one should imagine the sound as "Celtic riffs played on an electric guitar."

He adds, "Most people can't

put their fingers on it. Nobody is doing that musically right now."

This is exactly why the band's music is so unique and refreshing, a completely new style in the Philadelphia music scene. John also mentions that the three of them never thought this could work out as a full act.

"I didn't think that it was something that we could do for a whole night."

One can only nod in agreement. It's a hardcore sound that they have worked equally hard to make work for an entire night. "It is like having Bob Dylan playing in your living room, and Jimi Hendrix up in the bathroom,

wailing away...on a guitar, you know," continues John, his voice carrying a warm undertone.

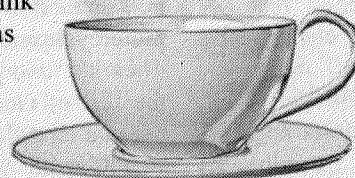
There is no way you can avoid picturing that scene. Just think about it. I certainly wouldn't mind having Dylan and Hendrix jamming along in my house.

What's significant about this image is that it truly reflects the essence of the band: John and Patrick are big admirers of Dylan's music whereas Scott

loves Hendrix' style. An unusual but musically intriguing mix.

He reinforces that all three of them bring to Patrick's Head a rich musical experience with other bands.

Patrick himself contributes



his diverse experience with studio work, live concerts, marketing and interviews on the radio. His new song, "Find A Way," for instance, is sarcastic, and in a certain sense, angry.

The music is a bit rougher on the edges, the Southern Rock influences seeping through.

As Patrick puts it, "this is what makes us whole." Later on, the band started to use other instruments as well, such as a tambourine and a bodhran, an Irish drum.

He, for instance, does all the singing, but he recognizes the significance of his band members' vocal talents. Patrick does some backup vocals.

For one of their latest songs written by Patrick, "Miss You Now," the role is actually reversed.

Patrick sings, with a slight-
Patrick's Head

continued on page 7...

Patrick's Head

continued from page 6...

ly husky voice, and John does the backups. They generally bring in their individual songs and work on them.

On those "doing-new-stuff nights," John, Patrick and Scott quickly assess the potential of the songs. Patrick points out that they sometimes get together at three o'clock in the morning; they take some whiskey out and start working on the songs.

The decision is always based upon a democratic vote. "If I bring a song and the other two don't like it, then I just get rid of it," says John in a more serious tone.

Bringing up the issue of the music scene in the US, or more precisely in Philadelphia, Patrick and John switch to a more somber mood.

Both describe the situation in Center City as quite unique in the sense that the cover bands rule the urban music scene. Slightly frustrated, Patrick mentions, "Now we are going back to a retro-stage; everybody is doing covers."

John also openly laments

the fact. "People won't go out just to see original music," he says.

This presents one of the main drawbacks of the Philly

like to think that whatever becomes popular either in America or Europe eventually makes it across."

The band has worked hard

He wants to see the band go international, get an international label, and finally make music a full-time job.

Right now, all three of them

question of what piece of advice they would give to an aspiring musician. Energetically leaning forward, Patrick immediately claims, "There is no rule for good music. It is about luck, about who you are and who you know."

Here we get a pragmatic and realistic approach. While Patrick speaks, John, with arms crossed, gazes out of the window - lost in thoughts. For him, the question is not an easy one.

Then he enthusiastically claims: "Record! Get your stuff down no matter how you have to do it. Get out and play to get to meet other people, you know. Go to open mics. I'm a big proponent of getting your songs down. It makes you write more. I could probably say 'set time aside for writing,' but I don't do that. I'm not going to give advice that I don't follow myself."

He laughs; Patrick, grinning, gives him a brotherly pat on the back. John goes on, "Write when you can. Keep doing it."

But don't think about writing the hit! That's the worst thing."

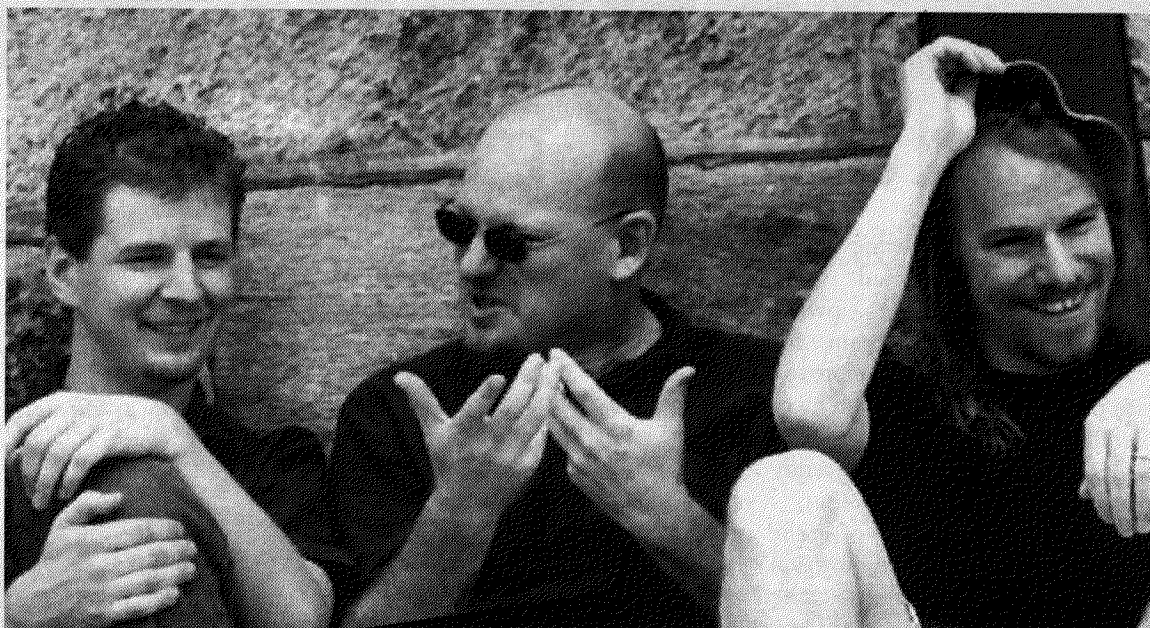


photo courtesy of Patrick's Head

music scene.

The current music scene in Europe, however, appears to be quite promising for a band like Patrick's Head.

John is thrilled to observe the acoustic music movement sweeping over the European continent.

He seriously hopes it is going to spread to the US. "I

to gain a devoted following.

Patrick insists, "Hard work is what we are good at." So far, Patrick's Head has amassed a mailing list of about four to five hundred people. The Center City gigs - mostly played at places such as Kelliann's, Fergie's Pub or London Grill - usually draw a big crowd.

work full-time jobs and do music on the side; in addition to that, John is also a full-time college student.

John and Patrick need to head out; the band meets tonight to put the set list together for a gig at Kelliann's. As they leave, both address the

With My Eyes Closed -by Kelliann Navin

With my eyes closed,
I see
colors,
beauty,
a girl with a shimmering pink bow.
In her eyes,
I see the world.
In her heart,
I feel her pain.
Her soul trying to break free.
Her hands clenched,
holding on with all her might.
I see her world crumbling,
in pieces on the floor.
Her face is pale,
shimmering with tears.

My eyes open slowly.
The colors fade,
to a broken mirror.

What Do I wish for you today? -by Sandhya Moraes

Desperately searching
for the elusive ephemeral
I forgot to remind myself
and so I remind you instead
Before destiny brings
that special thing to the heart
Capture an independence of soul
A spark in your spirit,
like the one in your pretty eyes
Color your horizon with new adventurous-
ness
Like the colors in your canvas
Then when a scented zephyr blows your way
You'll be ready
And you can remember to remind me.

For Jennifer Weckselblatt's 19th Birthday

Duality -by Giaraquel Esposito

I.
She rests in illumination
Toeing a pool of vacant faces
Descendant of the river Styx
Whose myth is divulged only in death
Empty eyes transfixed on hers
Ethereal eyes divert from their gaze
Locks of fire spiraling to infinity
An ivory Shiva whose only flaw is female
Patience embodied
Awaiting the destiny of her pool
Vibrations from my lips reflected her eyes
Answering in silent disdain
Breath and animation elope
Leaving me naked at an abandoned altar
Where only her image echoes

II.
He looms in darkness
A face eclipsed by shadow
His enigmatic leer
The only light protruding
A zephyr in my night
Resonating in soul alone
Secret in emotion
exposed in appearance
Temptation embodied
A forbidden gift
A primordial emanation
Silently...he vanished
And I marooned on his island
The one of his imagination
A solemn Dido

The Sower Hero of our world, on the level of Ra

a sun God
among us

my own lineage
being Sowers, I
feel connected to
the ground,
my own blood

children of the
Italian soil

and I know--as
my father does--to keep
this tradition with
a garden,
a sacred place where

we are at our
roots

the tomato plant
the sustenance
of millennia,
the grape

the muse of the
mind--blood wind

My son too will continuethis
so when he sees his eggplants
grow

he'll see his
family's faces

Thoughts on the Sower by Michael Lo Strocchio

Empty Bowl

continued from page 1...

attending it her freshman year.

This year's 10th Annual Empty Bowl Dinner provided Arcadia students, faculty, alumni, and members of the community with the opportunity to join together in the effort to feed the hungry.

O'Brien said that \$7,000 was collected from ticket sales and 21 boxes were filled with food donations.

She added that each year the Community Service Department attempts to increase the amount of money raised for donation through the event.

"I hope that people got a better understanding of what other countries go through with not having food," she said. "To just realize what they have and what they can donate to people who don't have what they have."

All proceeds from the event were donated to the Northwest Philadelphia Interfaith Hospitality Network, and Heifer International, while food donations went to the Philadelphia food bank.

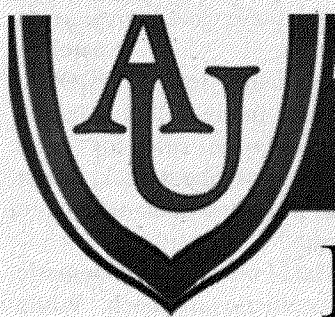
Breathe Free in the New Year

College students aged 18-26 who want to quit smoking may be eligible for Project Grad. This program offers **FREE** smoking cessation counseling as part of a research study at the University of Pennsylvania's Tobacco Use Research Center.

Join now to reserve your spot.

For more information call
(215) 746-7161
or
(215) 746-7164





ATHLETICS

Philadelphia gets some Soul

Staci Spagnola

Sports Editor

Rock-n-roll icon Jon Bon Jovi and local real estate developer Craig A. Spencer have given the city of Brotherly Love some Soul with the newest team in Arena Football League.

The Philadelphia Soul will become the 18th team in the Arena Football League and the second expansion team to join this off-season; the New Orleans VooDoo was announced in May. Other markets interested in AFL teams for 2005 are: Boston; Nashville, owned by Titans

owner Bud Adams; and Washington, owned by Washington Redskins owner Daniel Snyder. A team for Austin, Texas has been approved to play in 2004 pending the ownership group signs an arena lease, which they are currently working to secure.

With members of the Philadelphia Soul including Jon Bon Jovi, Richie Sambora, Craig A. Spencer and Ron Jaworski, the Philadelphia Soul ownership is comprised of leaders in the worlds of entertainment, business and professional football.

Head coach Mike Trigg is a

proven AFL winner, earning an Arena Bowl championship with the Grand Rapids Rampage. These components add up to what promises to be an outstanding sports experience.

The Philadelphia Soul is scheduled to kickoff in February of 2004 and will split its home games between The Spectrum and the Wachovia Center. The AFL will celebrate its second season on NBC in 2004.

To keep up with the latest information on the Philadelphia Soul, log on to the team's official website at www.philadelphia-soul.com.

Time of Play
Four 15 minute quarters
15 minute halftime - may vary for National TV games
15 minute overtime
25 second clock

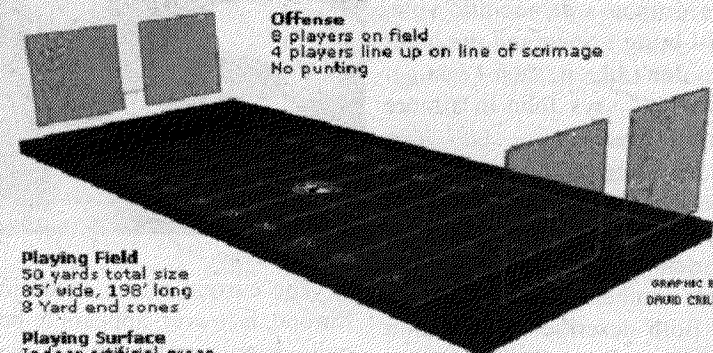
Total Roster
20 active players
4 man reserve squad

Defense
8 players on field
3 players - down linemen
No twisting

Offense
8 players on field
4 players line up on line of scrimmage
No punting

Goal Posts
9' wide, with a 15' high crossbar, (NFL 18 1/2' wide 10' high crossbar)

Goal Rebound Nets
Tightly strung mesh
30' wide, 32' high



Playing Field
50 yards total size
85' wide, 198' long
8 Yard end zones

Playing Surface
Indoor artificial grass

Outside Lines
4 inches, white

Inside Hashmarks
4 1/2' from center of field

Outside Hashmarks
13 1/2' from center of field

Field Numbers
3 feet by 18 inches
Base located 15 feet from field boundary

Sideline Barriers
High density foam padding, 48" high
Slight variations acceptable

Scoring
Touchdown - 6 pts.
Conversion place kick - 1 pt.
Conversion run or pass - 2 pts.
Drop Kick conversion - 2 pts.
Failed conversion after TD, returned by defense - 2 pts.
Safety 2 pts

Field Goals
by placement - 3 pts
by drop kick - 4 pts

The rules of Arena Football

photo courtesy of arenafootball.com

11 Arcadia athletes earn All-PAC

Field Hockey

Stephanie Smolinsky - First Team All-PAC

Michelle Basciani - Second Team All-PAC

Megan Leadbeater - Second Team All-PAC

Men's Soccer

Steve Houghton - First Team All-PAC

Scott Wimsey - First Team All-PAC

John Barry - Second Team All-PAC

Justin Clark - Second Team All-PAC

Jim Stevens - Rookie of the Year & Second Team All-PAC

Chris Brunetti - Honorable-Mention All-PAC

Women's Soccer

Maria DeGeorge - First Team All-PAC

Volleyball

Katie Rowles - Honorable-Mention All-PAC



Compiled by Staci Spagnola

ARCADIA MEN'S SOCCER DEFEATED BY EASTERN IN PAC FINALS 2-1.

Staci Spagnola

Sports Editor

On November 8, Junior Matt Scheier scored the game winning goal with 1:30 remaining in double-overtime to lead the #2 seeded Eastern University Eagles past the two-time defending PAC champions

and #1 seeded Arcadia University Knights.

The Knights outshot the Eagles 14-11 and had the better of the scoring chances down the stretch but Eastern transformed on a shot from twenty-five yards out to end the game and Arcadia's season.

Arcadia soccer program a perfect fit for new coach

Kristen Riley

Student Life Editor

"The biggest thing I try to instill in others," Rick Brownell, Arcadia's new coach for woman's soccer, said, "is to never stop growing and learning." And after a season of growing and learning under Brownell's new leadership, his team made it to the first round in the playoffs, an excellent beginning for Brownell's coaching career at AU.

Prior to coming to Arcadia, Brownell was involved coaching at a two year program at Buck's County Community College, where his team won a state title. He also trained and coached at competitive clubs all over the Delaware Valley.

Brownell decided to look for a new coaching position because he wanted to work at a four year institution. "It was hard to build a program at a two year college," Brownell explained. "I wanted a program to build for four years, and

Arcadia's a great school. It's centrally located, has a great education, and a great soccer program - a perfect fit."

One big change that came with the new coach was a change in the team's style of play. Brownell was eager to build a foundation for the future because of the recent strides soccer and women's programs have taken throughout the nation.

"Women's soccer is just booming. The play's gotten a lot faster. Arcadia needed a more progressive style," Brownell said. "It was a big learning curve and the girls worked hard at it. They deserve a lot of credit."

Brownell's motto? A simple two words: get better. "Everything else will take care of itself," he said. "Mistakes will happen and you'll get better because of them. This year, everyone on the team improved dramatically."

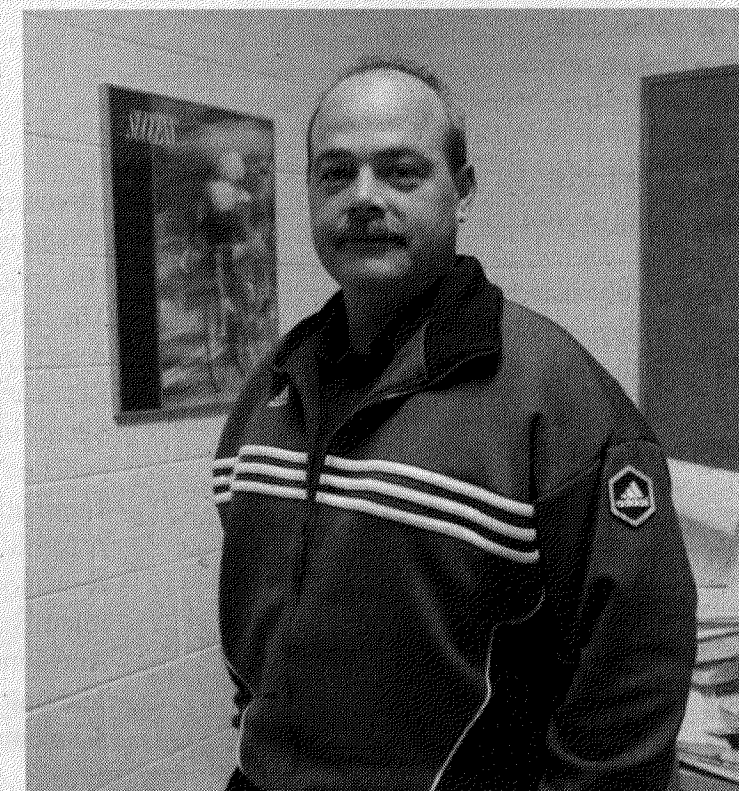
The entire soccer team

worked hard and contributed to the girls' success, but Brownell noted several key leaders that excelled during the season.

"Dana Dreby came back from knee surgery to play her final season. She showed tremendous courage and played very well," Brownell noted.

Maria DeGeorge and Amy Franks excelled in the middle, while Amanda Schmesser, Diana Zeminski, Rachel Beauchesne, and Danielle Gallagher anchored the team's strong defense. Goalie Katie Rockwell helped the team into the playoffs.

"My transition to coaching was made incredibly faster with the help of the Arcadia staff, the athletic department, and my assistant coaches, Kris Anderson and Steph String," Brownell said. "And because of the growing nature of soccer right now it's a very exciting time to be here."



Woman's soccer coach Rick Brownell

photo by Kristen Riley